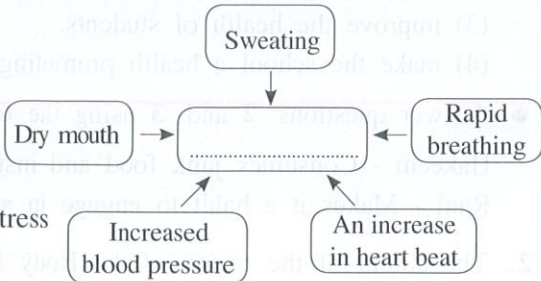




6. Rihanna is 13 years old. Ravi is 15 years old. Raja is 21 years old. Of these persons, those who are in adolescent stage are
- (1) Ravi and Raja only. (2) Rihanna and Ravi only.
(3) Rihanna and Raja only. (4) all Rihanna, Ravi and Raja.
- Some symptoms of the micronutrient deficiencies diagnosed in the three persons P, Q and R through medical tests are listed below. Use this information to answer questions from 7 to 9.
- P - Has an enlarged thyroid gland.
Q - Has night blindness.
R - Is pale.
7. The disease condition that can be seen in person P is
- (1) thalassaemia. (2) anaemia.
(3) goitre. (4) haemophilia.
8. The micronutrient that is deficient in person Q to cause the given disease condition could be
- (1) vitamin A. (2) iodine. (3) iron. (4) calcium.
9. The most suitable food that can be consumed by person R to minimize his disease condition would be
- (1) gotu kola. (2) butter. (3) prawns. (4) sprats.
10. The system that functions to bring oxygen from lungs and nutrients absorbed from the gastrointestinal tract into human cells, and take away wastes generated within cells for removal, is the
- (1) respiratory system. (2) circulatory system.
(3) digestive system. (4) excretory system.
11. Geetha, who is the monitor of Grade 11, is a friend of all her classmates. She is also a popular prefect. According to this informations, Geetha is a
- (1) student with good interpersonal skills. (2) compassionate student.
(3) student who is skilled in studies. (4) student having empathy.
12. Select the option containing the most suitable topic to fill in the blank of the diagram.
- (1) The causes of bad emotions
(2) The causes of mental stress
(3) The effects of emotions
(4) The activities that should be controlled to manage stress
- 
- ```

graph TD
 A[Sweating] --> B[...]
 C[Dry mouth] --> B
 D[Rapid breathing] --> B
 E[Increased blood pressure] --> B
 F[An increase in heart beat] --> B

```
- Answer questions 13 and 14 based on the following information.
- Raja observed the following while looking at the heavy winds and rains from his home located at the foot of a mountain.
- Cracking of the slope
  - Muddy water seeping from the slope
  - The trunk of a tree on the mountain has bent
13. According to these observations, the accident that is most likely to occur is
- (1) a landslide. (2) flood. (3) a hurricane. (4) a tornado.
14. In this occasions, Raja should
- (1) build a drainage that facilitates water flow.  
(2) go to that area and find out the reason for bending of the tree.  
(3) check the cracked places.  
(4) leave the house immediately and go to a safe place.

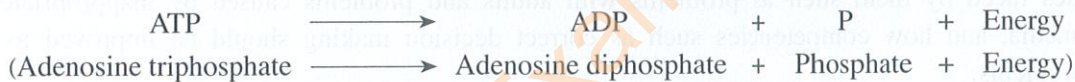


23. The group of events that start with the command 'on your mark, get set, go/sound of the gun' is
- (1) 100 m running, 200 m running, 400 m running and 800 m running.
  - (2) 100 m running, 200 m running, 400 m hurdles and 400 m × 4 relay.
  - (3) 110 m hurdles, 200 m running, 400 m running and 1500 m running.
  - (4) 100 m hurdles, 200 m running, 400 m running and 800 m running.
24. All competitors came to participate in a 100 m running event wearing spikes, but one athlete reported to the starting point without wearing spikes. If you are the starter of this event, you will
- (1) not allow this athlete to participate in the event.
  - (2) allow this athlete to participate in the event.
  - (3) hold the event for a short while and instruct this athlete to find a pair of spikes, wear them and participate in the event.
  - (4) allow the athlete to participate in the event by giving him the spikes of another competitor.
25. The athlete shown in the diagram may be participating in the event
- (1) 200 m running.
  - (2) 800 m running.
  - (3) 110 m hurdles.
  - (4) 1500 m running.
- 
26. Under practicals, the Physical Education teacher taught the students a jumping technique that consists of the following stages.
- Approach run
  - Take-off
  - Bar clearance
  - Landing
- This technique can be the
- (1) hitch kick technique.
  - (2) hang technique.
  - (3) Fosbury flop technique.
  - (4) sail technique.
27. According to the classification of athletic events, hurdles running belongs to
- (1) track events.
  - (2) field events.
  - (3) vertical jumps.
  - (4) horizontal jumps.
28. A stage of the javelin throw event is shown in the diagram. This stage is
- (1) the preparation stage.
  - (2) the throwing stage.
  - (3) the power position stage.
  - (4) the releasing stage.
- 
29. During a Physical Education lesson, the teacher drew a finishing line in the play area. Then she engaged the students in the following activities in the given order to teach a jumping event.
- Reach the finishing line by hopping.
  - Reach the finishing line by stepping.
  - Reach the finishing line by taking off using one leg and landing on both legs.
  - Perform all these activities in combination as the last step.
- According to this description, the teacher has guided the students to learn the
- (1) long jump.
  - (2) standing broad jump.
  - (3) triple jump.
  - (4) high jump.
30. The most suitable outdoor activity to study the biodiversity of fauna and flora is
- (1) mountaineering.
  - (2) jungle exploration.
  - (3) a bicycle safari.
  - (4) walks.

31. Select the **incorrect** statement out of the following statements.
- (1) The flexibility and elasticity of muscles can be increased through training.
  - (2) An individual's performance can be increased by engaging in exercises.
  - (3) The range of motion of the arm will be reduced by the ball and socket joint.
  - (4) Heart muscles will be strengthened by long-term training.
32. The compound that is produced in the mitochondria to provide energy for muscle contraction is
- (1) adenosine triphosphate (ATP).
  - (2) adenosine diphosphate (ADP).
  - (3) creatine phosphate (CP).
  - (4) glucose.
33. Out of the following programmes conducted in a school, the Physical Education programme that provides the most opportunities to display the skills of students is
- (1) Kalā Ulela.
  - (2) a shramadāna programme to clean the school.
  - (3) the inter-house sports meet.
  - (4) a religious programme.
34. When an object is released or projected into the air, the object is called a projectile. Of the following events, the event in which the athlete's body acts as a projectile is
- (1) the marathon.
  - (2) hurdles running.
  - (3) 100 m running.
  - (4) 800 m running.
35. The diagram shows two children playing on a seesaw. This seesaw acts as
- (1) a type I lever.
  - (2) a type II lever.
  - (3) a type III lever.
  - (4) type I and II levers.



36. The following equation shows how energy is generated for motor activities.



The energy required to convert ADP back to ATP is produced by

- (1) anaerobic respiration only.
  - (2) aerobic respiration only.
  - (3) anaerobic and aerobic respiration.
  - (4) external respiration only.
37. To be used as a fuel source for motor activities, excess glucose is stored as glycogen in
- (1) the liver only.
  - (2) muscles only.
  - (3) the liver and muscles.
  - (4) the stomach and the intestine only.
38. The health-related physical fitness quality that directly contributes to maintaining good health of a person is
- (1) agility.
  - (2) reaction speed.
  - (3) power.
  - (4) body composition.
39. In a 100 m  $\times$  4 relay event held on a standard track, the runner/runners who should run on the lane assigned to the respective team is/are,
- (1) the 1<sup>st</sup> runner only.
  - (2) the 1<sup>st</sup> and 2<sup>nd</sup> runners only.
  - (3) the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> runners only.
  - (4) all four runners.
40. The athlete who won a gold medal for Sri Lanka at the women's 800 m running event of the 19<sup>th</sup> Asian Games held in Hangzhou, China is,
- (1) Tharushi Karunaratne.
  - (2) Nadeesha Dilhani.
  - (3) Hasanthika Abeyratne.
  - (4) Nadeesha Ramanayake.

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 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2023(2024)  
 General Certificate of Education (Ord. Level) Examination, 2023(2024)

සෞඛ්‍ය හා ශාරීරික අධ්‍යාපනය I, II  
 சுகாதாரமும் உடற்கல்வியும் I, II  
 Health and Physical Education I, II

### Health and Physical Education II

\* Answer five questions only, selecting question No. 1, two questions from Part I and two questions from Part II.

1. The Health Promotion Committee and the Sports Committee of Sandagama Vidyalaya collectively organized a one-day workshop under the theme “Let’s win the challenges of youth”. The adolescent students of nearby schools also participated in the event. The principal, who started the workshop, welcomed the gathering and explained that they will be undergoing numerous changes because adolescence is a transitional phase.

After that, the Medical Officer of Health (MOH), who conducted the guest lecture, engaged the students in a group activity. Students were guided to discuss within their groups, the changes they experienced, the challenges they had to face because of these changes, and how they acted to overcome these challenges, and present the findings.

The MOH then further explained the facts such as the development of the reproductive system, creativity, and a liking to associate with peers respectively, as examples for physical, mental and social changes that occur in adolescents, using the student findings as well. He also pointed out the issues faced by them such as problems with adults and problems caused by inappropriate use of social media, and how competencies such as correct decision making should be improved to resolve these problems.

In the evening, the Sports Committee organized some organized games such as volleyball, several recreation games, and a campfire to display the skills of adolescents. In the end, the students who were happy about participating in all activities sang songs and dismissed after concluding the workshop.

Answer the questions from (i) to (x) based on the above case.

- State **two** physical changes that can occur in adolescents in addition to the change mentioned by the MOH.
- Write **two** mental changes that occur in adolescents in addition to creativity.
- State **two** social changes in addition to the social change mentioned in the case, that can be seen in adolescents.
- State **two** challenges/problems other than the problems mentioned in the case, which will be faced by the adolescents due to numerous changes they undergo.
- Write **two** competencies other than correct decision making that should be developed in adolescents to overcome the various challenges they are facing.
- Write **two** organized team games other than volleyball, that can be played by adolescents.
- State **two** characteristics of recreation games that the adolescents participated in.
- Write down **two** facts that the Sports Committee should pay attention to, when organizing the campfire.
- In addition to the facts mentioned in the case, write **two** benefits that the adolescents can gain by participating in a campfire.
- Write **two** favourable personal qualities that will be developed in adolescents by engaging in sports.

(02 × 10 = 20 marks)

**Part I***Answer two questions only.*

2. Total health of people in poor countries and countries affected by war is deteriorating due to reasons such as diseases, weaknesses, and the lack of proper nutrition.
- Explain 'Total Health' according to World Health Organization. (02 marks)
  - State **three** challenges in addition to above-mentioned challenge, that will be a threat to maintaining total health. (03 marks)
  - Practising correct food habits is one lifestyle that helps to maintain total health. Write **five** other lifestyles that lead to total health. (05 marks)
3. Two instructions that were included in an article prepared under the topic "Let's Consume Healthy Foods" are listed below. Answer the following questions based on this information.
- Pesticide application should be stopped two weeks before harvesting the crops.
  - Refrain from consuming spoiled food.
- Write **two** occasions other than food production where attention should be paid to, regarding food protection. (02 marks)
  - Explain **three** methods by which you will identify spoiled food when you go to the market to buy food. (03 marks)
  - (a) State **two** causes of food spoilage.  
(b) State **three harmful** effects of consuming spoiled food. (05 marks)
4. Briefly explain how you would act to overcome the following challenges successfully.
- You observe that your younger sister/brother spends most of the time looking at the mobile phone.
  - Your friend tells you that he/she is afraid to sit for G.C.E.(O/L) Examination although he/she studied well.
  - You observe that your brother/sister, who is an adolescent, often engages in disputes with adults.
  - You come to know that there is a Dengue patient in a neighbouring house.
  - Your friends invite you to pay a visit to your Grade 1 teacher who is retired now, to check his/her health. (02 × 5 = 10 marks)

**Part II***Answer two questions only.*

5. (i) Write down separately, the **two** tournament types that use the following formulas to prepare the draws.
- (a)  $n - 1$                       (b)  $\frac{n(n-1)}{2}$
- $n$  = Number of teams participating in the tournament. (02 marks)
- Mention **one** benefit and **two drawbacks** of the tournament type that uses the formula in question 5. (i) (b) to determine the number of matches. (03 marks)
  - Seven teams participated in the provincial volleyball tournament this time. The organizing committee conducted the tournament according to the method that uses the formula in question 5. (i) (a) to determine the number of matches. Write **five** possible reasons for selecting this method. (05 marks)

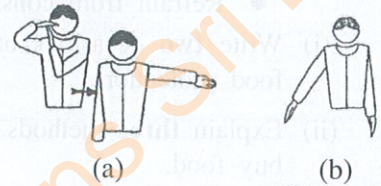
6. Events and player numbers of several Under-18 athletes who participated in National School Games are given in the following table. Answer the questions based on this information.

| Player No. | Events         |
|------------|----------------|
| 34         | 100 m running  |
| 45         | Shot put       |
| 56         | High jump      |
| 67         | 1500 m running |
| 78         | Javelin throw  |
| 89         | Long jump      |

- (i) Write down separately, the muscle fibre types that most likely to be present abundantly in legs of player No. 34 and No. 67. (02 marks)
- (ii) Of the above events, write down separately, **two** field events that use the anaerobic method to produce energy, and **one** track event that uses the aerobic method to produce energy for the event. (03 marks)
- (iii) Design and explain an activity that is suitable to train new athletes in your house, who will be participating in the long jump event. (05 marks)

7. Answer only **one** question from the questions A, B and C.

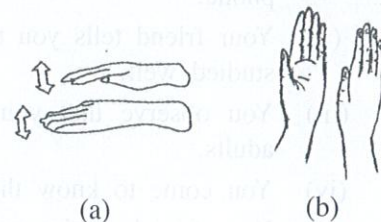
A. (i) Two hand signals used in refereeing volleyball matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals.



(b) (02 marks)

- (ii) State **three** instances in volleyball where the referee will award a service and a point to the opponent team as a penalty for an offence. (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the setting skill for new players who are training for volleyball. (05 marks)

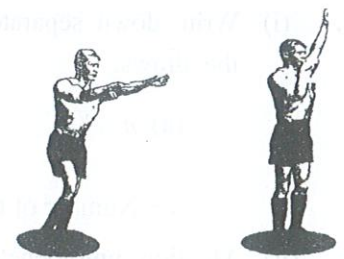
B. (i) Two hand signals used in umpiring netball matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals.



(b) (02 marks)

- (ii) State **three** instances in netball where the umpire will award a penalty pass or a shot to the opponent team as a penalty for an offence committed by players. (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the bounce pass skill for new players who are training for netball. (05 marks)

C. (i) Two hand signals used in refereeing football matches are shown in diagrams (a) and (b). Mention separately, what is indicated by these hand signals.



(b) (02 marks)

- (ii) State **three** instances in football where a referee will show a red card for committing a foul by a player. (03 marks)
- (iii) Design and describe a lead-up game that is suitable to practice the technique of the dribbling skill for new players who are training for football. (05 marks)